

Help,  
Health,  
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July/August 2013

# COA CONNECTIONS

Newsletter of the Bedford Council on Aging, 12 Mudge Way, Bedford, MA 01730

Telephone 781-275-6825 E-mail: [coa@bedfordma.gov](mailto:coa@bedfordma.gov)

Website: <http://www.bedfordma.gov> to follow link to COA

Director: Lori Wittner

COA Elder Services Coordinator: Wendy Aronson

Administrative Assistant: Alissa Anderson • COA Volunteer Coordinator: Ita Baird

Saturday Activities Coordinator: Vicky Umanita • COA Board Chair : Roberta Ennis



To honor the Council on Aging's 50th Anniversary this summer, join Mr. Peabody on his Way-Back Machine to 1963!



## Hey! Did You Know the COA is Open on Saturdays??

Pool and cards are just a few things going on here from 12-4. We also have a great selection of movies that start at 1:15! Check the calendar to see what flick will play this week. ...Hope to meet you here!



## Meet Our New Veteran's Agent and Reminisce

Stop in and remember the times and atmosphere of the Vietnam War era with our new Veteran's Agent, Bill Linnehan. He will lead a discussion on what it was like to live through these years. Please join us on August 15 at 11:00 AM at the Council on Aging to share your memories!

## Hot Topics

Every Monday morning this summer, we will set out a new question or topic for discussion in the Kitchen at the COA. Stop in and see what this week's discussion is about!

## Where Were You on November 22, 1963?

Join us at the COA on Monday August 19 at 11:00 AM to discuss your memories of where you were when JFK was assassinated.

## COA Hours

In addition to our regular Monday-Friday 8-4 hours, keep your eyes open for some new and innovative evening programming!

## Summer Activity Schedule

Just a reminder that several of our ongoing activities and groups take a "break" during the months of July and August. Please be sure to check the calendar to find out if your favorite activities are being held. If you are unsure, you may call the Council on Aging at 781-275-6825.



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## Trips! Trips! Trips!

**Our Trips Coordinator, Lenore Dichard, will escort you on the following adventures:**

All Bedford COA day trips will depart from the Town Hall parking lot in front of the police station unless otherwise noted.

### Isles of Shoals Boat Ride & Lunch!

On Wednesday August 14, join us for lunch at The Common Man located right in the heart of downtown Portsmouth, NH. Our entrée choices will be Braised Yankee Pot Roast or Stuffed Sole with a Scallop & Crabmeat Mousse. After lunch, we will board the boat for one of New England's best narrated cruises from Portsmouth Harbor to the Isles of Shoals! On your 2 1/2 hour cruise, you will learn about famous explorers, the wealthiest fishing village in the world, pirates, poets and more! The cost for this trip will be \$75 each, will depart at 10:00 AM and return to Bedford at approximately 5:00 PM. Sign up for this trip begins on Tuesday July 2.

### WEST SIDE STORY

Join Lenore on a trip to the Ogunquit Playhouse on Wednesday, September 25. Your trip will first take you to The Weathervane restaurant in Kittery, Maine where you can get lunch on your own. You will then travel to Ogunquit to see the musical that changed theater forever, West Side Story! This musical soars as the greatest love story of all time and remains as powerful and poignant as ever. The cost for this trip is \$78, which includes your ticket and transportation (lunch is not included). The trip departs at 10:15 AM and returns to Bedford at 7:00 PM. Sign-ups begin on Tuesday August 6.

## And Don't Forget These Ongoing Activities...

### Have Some Fun!

**Bingo!** Join us on Mondays July 8 and August 12 at 10AM for a chance to win token gifts. All are welcome!

**New! Chess!** Join our new Chess group on Mondays beginning July 8 at 10AM If you are an expert or have never played before, come work-out your brain!

**Dominos!** Join us on July 22 & August 26 at 10AM whether you are a seasoned player or haven't played since you were a kid!

**Sing with the Songbirds!** Wednesdays at 10:30 AM! All are welcome to join this fun and spirited group! *\*No group on July 3 & 10\**

**Play Scrabble!** Do you love to play Scrabble? Then come to the COA Fridays at 1 PM to play!

**Play Texas Hold 'Em Poker!** Stop by Monday afternoons at 1 PM for poker!

**Handcraft Group** Come down each Monday at 3 PM to do your own handcraft projects and chat! New members always welcome!

**Play Mah Jongg!** Stop by Wednesdays at 11:00 AM! Lessons available! All are welcome!

**Play Duplicate Bridge!** Every Tuesday at 11 AM and Thurs. July 11 and 25, & Aug. 8 and 22.

### Fitness and Fun For You!

**Line Dancing with Katrina** Come line dance each Friday at 1 PM. The class costs \$2.

**The Walking Club** will walk at the COA Mondays, Wednesdays, and Fridays at 9 AM.

### Get Information and Advice

**Talk to Your State Representative** Ken Gordon will be at the COA on Friday August 23 at 10:30 AM to talk with you about state issues. Bring your questions!

**Need Legal Information?** Retired lawyer Peter Robinson is available to talk with Bedford seniors to answer simple questions on wills, estates, etc. To arrange a meeting, contact the COA.

**Federal Retiree Benefits** If you or your spouse is a federal retiree, Rosemary Dyer will be available to answer questions about your benefits. Please call the COA to arrange a meeting.

**Coffee Hour** Meet new friends and have a cup of coffee or tea on Tuesday evenings at 6:00.

**Single Again** Are you finding yourself single again as an adult 55 and older? Please join us every Tuesday evening at 7:30 for an informal discussion group.

### Share Your Interests

**Current Events** Come each Thursday at 1 PM to talk about national, international, and local issues, or anything else.

**The Genealogy Group** meets to share information about exploring their family trees. Join them when they return in the fall!

**The Nom de Plume Writers Group** meets the first and third Tuesdays of every month at 1 PM. Do an exercise, share your work, and get feedback! New members are welcome.

**Bedford-Lexington Great Books** takes their summer break! Meetings will resume **Tuesday Sept. 10** at 7:30 PM with September's selection, which will be *The Master and Margarita* by Mikhail Bulgakov.

## Minuteman Senior Services Bedford Café!

### Sign Up at the Bedford Cafe!

A delicious meal, catered by Carleton-Willard, is served at the Bedford Café at 11:45 on Mondays, Wednesdays, and Fridays. Please call for reservations even if you think you are signed up already. To sign up, call 781-275-8542 at least two days ahead. **Limit of 40 per day so sign up early to ensure your space!** Suggested donation: \$3.

### Volunteers Needed!

The Bedford Café is seeking volunteers to help serve lunch. Meals on Wheels drivers are also needed. For more information on helping at the Bedford Café, call the Meal Site at 781-275-8542. To drive for Meals on Wheels call Debbie Barr at 781-221-7023.



### Great Games at the COA

Join us for our New Chess Group on Mondays at 10:00 AM starting July 8 and continuing through August. Try out Scrabble on Friday afternoons at 1:00 PM!

### Ice Cream Social

You are invited to enjoy an ice cream treat on Friday July 12 at 12:30 at the COA courtesy of Stonebridge of Burlington! There is no charge for this event but reservations are required. Please call the COA at (781) 275-6825 to sign up.



### \*\*\*Just for Fun\*\*\*

### Pie Tasting!

Please join us for a taste of Atria Longmeadow Place! We will be enjoying a taste from a selection of pies made with local, fresh ingredients. Reserve your spot for this tasty event on Tuesday July 23 at 1:00 PM by calling the COA at 781-275-6825.



### Summer Classic Movies

*Four for Texas (1963)*

**Tuesday July 9 1:30 PM**

*Dr. No (1963)*

**Wednesday August 7 1:45 PM**

### Saturday Movies! Thanks to the FBCOA for our funding! All movies begin at 1:15 PM

**July 6** *Playing for Keeps* (2012) PG-13 Gerard Butler, Jessica Biel, Uma Thurman, Catherine Zeta-Jones A washed-up, former soccer star attempts to rebuild his relationship with his son and ex-wife by coaching his son's soccer team. His plan to reconnect with his family is met with challenges from the attractive soccer moms who pursue him every-where.

**July 13** *Jack Reacher* (2012) PG-13 Tom Cruise When ex-military cop Jack Reacher investigates an elite sniper charged with killing five people, he teams up with a beautiful defense lawyer in this exciting thriller.

**July 20** *PT 109* (1963) Cliff Robertson Dramatization of President John F. Kennedy's war time experiences during which he captained a PT boat, took it to battle and had it sunk by a Japanese destroyer. He and the survivors had to make their way to an island, find food and shelter and signal the Navy for rescue.

**July 27** *Life of Pi* (2012) PG Based on Yann Martel's best-selling novel, this coming-of-age tale recounts the adventures of Pi, an Indian boy who is the sole survivor of a shipwreck. Pi finds himself on a lifeboat with only some zoo animals for company.

**August 3** *Promised Land* (2012) R Matt Damon, Frances McDormand Taking advantage of hard economic times, two salespeople for a natural gas company come to a small town to buy drilling rights from the residents. To their surprise, a local schoolteacher mobilizes a campaign aimed at blocking the company's plans.

**August 10** *Skyfall* (2012) PG-13 Daniel Craig, Judi Dench When a serious menace threatens MI6, James Bond is on the case -- putting aside his own life and personal issues to hunt and obliterate the perpetrators. Meanwhile, secrets arise from M's past that strain Bond's loyalty to his longtime boss.

**August 17** *Identity Thief* (2013) R Is Sandy Patterson (Jason Bateman) a banking executive living in Colorado with his wife and kids, or is he a she and living it up in Florida? When Sandy is accused of crimes he hasn't committed, he must track down the woman (Melissa McCarthy) who has -- in his name.

**August 24** *One Flew Over the Cuckoo's Nest* (1975) R Jack Nicholson Set in 1963, while serving time for insanity at a state mental hospital, rabble-rouser Randle Patrick McMurphy inspires his fellow patients to rebel against the authoritarian rule of head nurse Ratched. Milos Forman's masterpiece won all five major Oscars.

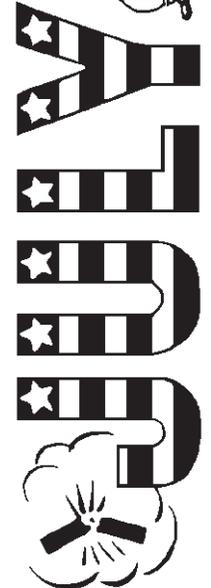
**August 31** *Side Effects* (2013) R Emily (Rooney Mara) copes with her depression by taking antidepressant medication. But when her dire state apparently spirals out of control due to her husband's (Channing Tatum) prison release, she turns to a new medication that alters her life forever.



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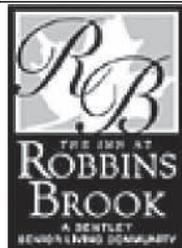


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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 Walking Club/ Exercise 10:00 Pilates 11:45 Lunch 1:00 Poker 3:00 Handcrafts	9:30 Exercise 11:00 Duplicate Bridge 1:00 Writing Group 4:00 Zumba Gold 6:00 Coffee Hour 7:30 Single Again	9:00 Walking Club Exercise 10:30 Massage 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise	<b>CLOSED 4</b> <b>Fourth of July Holiday</b> 	9:00 Walking Club Exercise 11:45 Lunch 1:00 Scrabble/Line Dancing	1:00 Bridge, cards, pool 1:15 Movie: Playing for Keeps
9:00 Walking Club/ Exercise 10:00 Pilates/ <b>BINGO/ Chess</b> 11:45 Lunch 1:00 Poker 3:00 Handcrafts	9:30 Exercise <b>10:30 Hearing</b> 11:00 Duplicate Bridge <b>1:30 Classic Movie</b> 4:00 Zumba Gold 6:00 Coffee Hour 7:30 Single Again	9:00 Walking Club Exercise <b>10:00 Bedford H2O</b> 10:30 Massage 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise	10:00 Exercise 11:00 Duplicate Bridge 1:00 Current Ev/ Tai Chi <b>2:00 Kennedys</b>	<b>8:00 Podiatry 12</b> 9:00 Walking Club Exercise 11:45 Lunch <b>12:30 Ice Cream</b> 1:00 Scrabble/Line Dancing/ <b>Nurse's Hours</b>	1:00 Bridge, cards, pool 1:15 Movie: Jack Reacher
9:00 Walking Club Exercise 10:00 Pilates/ <b>Chess</b> 11:45 Lunch 1:00 Poker 3:00 Handcrafts	9:30 Exercise 11:00 Duplicate Bridge 1:00 Writing Group 4:00 Zumba Gold 6:00 Coffee Hour 7:30 Single Again	9:00 Walking Club Exercise 10:30 Songbirds 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise	10:00 Exercise <b>10:00 Hearing</b> 1:00 Current Ev/ Tai Chi <b>2:00 Kennedys</b>	9:00 Walking Club Exercise 11:45 Lunch 1:00 Scrabble/Line Dancing	1:00 Bridge, cards, pool 1:15 Movie: PT 109
9:00 Walking Club Exercise 10:00 Pilates/ <b>Chess/</b> <b>Dominos</b> 11:45 Lunch 1:00 Poker 3:00 Handcrafts <b>7:00 Stephen Collins</b>	9:30 Exercise 11:00 Duplicate Bridge <b>1:00 Pie Tasting</b> 4:00 Zumba Gold 6:00 Coffee Hour 7:30 Single Again	9:00 Walking Club Exercise 10:30 Songbirds/ Massage 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise <b>1:00 Dale Tambarro</b> 2:00 SHINE	10:00 Exercise 11:00 Duplicate Bridge 1:00 Current Ev/ Tai Chi <b>2:00 Kennedys</b>	9:00 Walking Club Exercise 11:45 Lunch 1:00 Scrabble/Line Dancing	1:00 Bridge, cards, pool 1:15 Movie: Life of Pi
9:00 Walking Club Exercise 10:00 Pilates/ <b>Chess</b> 11:45 Lunch <b>12:30 Stay Hydrated!</b> 1:00 Poker/ <b>Nurse's Hours</b> 3:00 Handcrafts	9:30 Exercise 11:00 Duplicate Bridge 4:00 Zumba Gold 6:00 Coffee Hour 7:30 Single Again	9:00 Walking Club Exercise 10:30 Songbirds/ Massage 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise <b>1:00 Dale Tambarro</b> 2:00 SHINE			
	9:00 Walking Club Exercise 11:00 Duplicate Bridge 4:00 Zumba Gold 6:00 Coffee Hour 7:30 Single Again	9:00 Walking Club Exercise 10:30 Songbirds/ Massage 11:00 Mah Jongg 11:45 Lunch 12:30 Chair Exercise			

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>9:00</b> Walking Club Exercise</p> <p><b>10:00</b> Pilates/ Chess</p> <p><b>11:45</b> Lunch</p> <p><b>1:00</b> Poker</p> <p><b>3:00</b> Handcrafts</p>	<p><b>9:30</b> Exercise</p> <p><b>11:00</b> Duplicate</p> <p><b>Bridge</b></p> <p><b>1:00</b> Writing Group</p> <p><b>4:00</b> Zumba Gold</p> <p><b>6:00</b> Coffee Hour</p> <p><b>7:30</b> Single Again</p>		<p><b>10:00</b> Exercise</p> <p><b>1:00</b> Current Ev/ Tai Chi</p> <p><b>2:00</b> Kennedys</p>	<p><b>9:00</b> Walking Club Exercise</p> <p><b>11:45</b> Lunch</p> <p><b>1:00</b> Scrabble/Line Dancing</p>	<p><b>1:00</b> Bridge, cards, pool</p> <p><b>1:15</b> Movie: Promised Land</p>
<p><b>9:00</b> Walking Club Exercise</p> <p><b>10:00</b> Pilates/ Chess</p> <p><b>11:45</b> Lunch</p> <p><b>1:00</b> Poker</p> <p><b>3:00</b> Handcrafts</p>	<p><b>9:30</b> Exercise</p> <p><b>10:30</b> Hearing</p> <p><b>11:00</b> Duplicate</p> <p><b>Bridge</b></p> <p><b>1:00</b> Frozen Yogurt</p> <p><b>4:00</b> Zumba Gold</p> <p><b>6:00</b> Coffee Hour</p> <p><b>7:30</b> Single Again</p>		<p><b>9:00</b> Walking Club Exercise</p> <p><b>10:30</b> Songbirds/ Massage</p> <p><b>11:00</b> Mah Jongg</p> <p><b>11:45</b> Lunch</p> <p><b>12:30</b> Chair Exercise</p> <p><b>1:45</b> Classic Movie</p>	<p><b>10:00</b> Exercise/ Hearing</p> <p><b>11:00</b> Veteran's Agent</p> <p><b>1:00</b> Current Ev/ Tai Chi</p> <p><b>2:00</b> Kennedys</p>	<p><b>9:00</b> Walking Club Exercise</p> <p><b>11:45</b> Lunch</p> <p><b>1:00</b> Scrabble/Line Dancing</p>
<p><b>9:00</b> Walking/ Exercise</p> <p><b>10:00</b> Pilates/ Chess</p> <p><b>11:00</b> Where Were You 11/22?</p> <p><b>11:45</b> Lunch</p> <p><b>1:00</b> Poker</p> <p><b>3:00</b> Handcrafts</p>	<p><b>9:30</b> Exercise</p> <p><b>11:00</b> Duplicate</p> <p><b>Bridge</b></p> <p><b>1:00</b> Writing Group</p> <p><b>4:00</b> Zumba Gold</p> <p><b>6:00</b> Coffee Hour</p> <p><b>7:30</b> Single Again</p>	<p><b>9:00</b> Walking Club Exercise</p> <p><b>10:30</b> Songbirds/ Massage</p> <p><b>11:00</b> Mah Jongg</p> <p><b>11:45</b> Lunch</p> <p><b>12:30</b> Chair Exercise</p>	<p><b>10:00</b> Exercise</p> <p><b>11:00</b> Duplicate</p> <p><b>Bridge</b></p> <p><b>1:00</b> Current Ev/ Tai Chi</p> <p><b>2:00</b> Kennedys</p>	<p><b>8:00</b> Podiatry</p> <p><b>9:00</b> Walking Club Exercise</p> <p><b>10:30</b> Ken Gordon</p> <p><b>11:45</b> Lunch</p> <p><b>1:00</b> Scrabble/Line Dancing</p>	<p><b>1:00</b> Bridge, cards, pool</p> <p><b>1:15</b> Movie: One Flew Over the Cuckoo's Nest</p>
<p><b>9:00</b> Walking Club Exercise</p> <p><b>10:00</b> Pilates/ Chess/ Dominos</p> <p><b>11:45</b> Lunch</p> <p><b>1:00</b> Poker/ Nurse's Hours</p> <p><b>3:00</b> Handcrafts</p>	<p><b>9:30</b> Exercise</p> <p><b>11:00</b> Duplicate</p> <p><b>Bridge</b></p> <p><b>4:00</b> Zumba Gold</p> <p><b>6:00</b> Coffee Hour</p> <p><b>7:30</b> Single Again</p>	<p><b>9:00</b> Walking Club Exercise</p> <p><b>10:30</b> Songbirds/ Massage</p> <p><b>11:00</b> Mah Jongg</p> <p><b>11:45</b> Lunch</p> <p><b>12:30</b> Chair Exercise</p>	<p><b>10:00</b> Exercise</p> <p><b>1:00</b> Current Ev/ Tai Chi</p> <p><b>2:00</b> Kennedys</p>	<p><b>9:00</b> Walking Club Exercise</p> <p><b>11:45</b> Lunch</p> <p><b>1:00</b> Scrabble/Line Dancing</p>	<p><b>1:00</b> Bridge, cards, pool</p> <p><b>1:15</b> Movie: Side Effects</p>

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# Friends of the Bedford Council on Aging Notes

## Have a Great Summer!

The next meeting will be held on Tuesday September 10 at 1:00 pm

## FIX IT SHOP NEWS

Reminder: The Fix-It-Shop is closed for the summer. It will re-open in mid-September. Watch battery replacement will continue in the summer through the COA front desk drop-off.

## Join the FBCOA Today!

As a paying member of the Friends, you are helping the COA provide programs and services to Bedford seniors as well as receiving many other benefits, including a discounted membership to BJ's (\$45 value for only \$25!) You will also have the opportunity to go on some exciting trips, and receive discounts at several local businesses. The dues are only \$7 for a family or \$5 for an individual. Join or renew your membership now as the membership year runs from July 1, 2013 to June 30, 2014. Return the form and your dues to the COA. A membership card will be mailed to you soon!

### FBCOA Annual Membership Dues July 2013—June 2014

INDIVIDUAL	\$5.00	_____
FAMILY	\$7.00	_____
CONTRIBUTION		_____
TOTAL	\$	_____
(Tax deductible contributions gratefully accepted)		
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TOWN/ZIP CODE	_____	

The Friends of the Bedford Council on Aging is an independent non-profit organization that supports the Bedford COA, a municipal agency. Your taxes support the COA; donations and dues support the FBCOA.

## FBCOA 2014 Membership Dues by September 2013

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